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SJC: Meet Your New S.A. Representatives

Written by Renee Pugh, Reporter

This year is ushering in multiple changes here at Saint Joseph's College. One of those changes includes the new Student Association officers. The race for president and vice-president was especially tight this year, with victors Kenny Shumard and Kate Nowalk winning by a slim four-vote majority. Treasurer and Secretary Jacob Lofgren and Becky Scherer had a less strenuous run for office, though both were active in their campaigning. Jaclyn Whan also sits on the S.A. board as the Student Union Board director. Together these five individuals have big plans for SJC, and hope to better the college in any and every way possible.

President Kenny Shumard is a junior computer science major. While Kenny had no S.A. experience prior to his election as president, he explains that he has been an active member of the SJC community. "I take satisfaction in being involved on campus," Shumard says. "I had previously served in the leadership of both Habitat for Humanity and the Computer Club, and wanted to move on to a greater challenge," and has found that challenge in his new office. He and Nowalk are both involved in the campus chapter of Habitat for Humanity, and that is where their political union came about.

Nowalk, a junior psychology major, admits that she and Shumard had a difficult time deciding who would run for which office. "Really Kenny and I studied both positions. We knew that we qualified for both. It was pretty much a coin toss between who would run for president and vice-president," she explains. She goes on to emphasize the importance of being acquainted with the duties and responsibilities of both offices. "It is important that we understood both positions because there are times where he will stand in for me and I for him. We really are a working team," says Nowalk. Shumard agrees. "[W]e...knew that we were on the same page on [many] issues, and that we could work very well together," he says simply. Nowalk hopes that she and Shumard can make SJC a better place by opening the lines of communication between S.A. and the students it serves. "I...feel that the administration needs student representatives to aid in communicating various [events] going on [all over] campus. There are many good aspects of SJC but also parts that [need to be] strengthened or changed," Nowalk states.

Shumard and Nowalk have a set of three goals they wish to pursue in their time in office. Firstly, they wish to increase the frequency and availability of communication on campus, on all levels. "We'd like to see more communication between the students and the administration, the stu-

dents and the faculty, even perhaps the administration and the faculty. [I believe] that the more information available to those interested in it, the better off everyone will be," says Shumard. "It is important for students to know what is happening on campus, [as well as] feel they can approach SA and the administration with their concerns and needs," agrees Nowalk. A second goal of this administration is to increase student involvement, especially in S.A. "Students as individuals and SJC as a whole can really benefit from student participation in clubs,



organizations, [and] student government," emphasizes Shumard. According to Shumard, their third goal "can be summed up by the word clarity. We feel that there isn't enough student understanding of what administrative policies they are to abide by, and how those policies are written and enforced." Shumard hopes that by working closely with Dean Keller and his experienced staff, students will be able to have a better grasp on college policies and enforcement. Most importantly, Shumard and Nowalk want the student body to understand that S.A. is available to them. "The biggest point I can stress here is that SA exists for and because of the students," states Shumard. "SA's whole purpose is to represent and serve the student body. Students need to know that their opinions matter and are important," reiterates Nowalk. Both Shumard and Nowalk encourage students to approach them with questions, ideas, and concerns. "[W]e're very interested in hearing your opinion on anything at all. Stop me on the way to class, eat with me in the cafe, call me, email me, IM me, whatever — I want to know how I can help," says Shumard. "[T]he more input we receive from students, the more we will know what direction to work in and

how to help," concurs Nowalk.

Treasurer Jacob Lofgren is a sophomore Political Science and Economics double-major. Lofgren, as sophomore class president, is the only current S.A. officer who has had the opportunity to be involved with S.A. in the past. He feels that his experience last semester has worked to his advantage. "I enjoyed the experience and feel that [I had] the chance to get a basic understanding of the SJC Senate. I was not very involved with the budget last semester," Lofgren admits. "However, in the lim-



ited instances in which I was involved I believe I developed an excellent grasp of how it works." This experience, coupled with multiple meetings with previous S.A. treasurer, John Ligda, has Lofgren feeling comfortable and ready to do business in his third-floor Halleck Center office. In addition to giving back to the school that has given him so much, Lofgren admits that he found an office on the S.A. board enticing for yet another reason; he hopes to be involved in politics in the future. He believes that S.A. will provide him with a good, solid base for his future political career. He also feels that the office of treasurer is a prime opportunity for him to implement his impeccable organizational and analytical skills. "My friends tend to tease me about it, but I am incredibly organized," says Lofgren with a laugh. "And I have a mind that works like a calculator. I decided I should use these talents to better SJC." However, on a less future-minded level, Lofgren states that it all comes down to service. "I really want to help the clubs and organizations [of SJC] by distributing S.A. funds as equitably as possible," he says. "I hope to see more activities planned on campus due to the increase in funds to those clubs." Lofgren, like Shumard and Nowalk, wants students to get

involved. "[Students should] attend Senate meetings to let their elected S.A. representatives know their views on SJC," says Lofgren. "S.A. is meant to allow students to voice their opinion. All students should feel like they have a voice and that this administration wants to hear their views."

Secretary Becky Scherer is a sophomore English-Creative Writing major. Scherer decided to run for S.A. because she too was interested in the world of politics. "I wanted to learn more about politics and student government, in particular," she explains. "[The year I spent] on the SUB board made me confident in my ability to hold a chair and implement ideas to improve the status of that chair, and I wanted to take my ideas to a higher level." She decided to run for secretary, as she has had experience with such an office before. "I have held a secretarial position in several groups thus far, and I enjoy the duties that the job entails," Scherer states. Through her position, Scherer hopes to work with her fellow board members, and create a more open line of communication for SJC students. "I look forward to working with the communication committee in order to spread the word about the student senate, and, particularly, implementing the ideas from the senate and watching [the ideas] take action," says Scherer.

Jaclyn Whan is a junior Elementary Education major. While she does not hold an elected office, she applied for and was selected to perform the duties of the SUB director. "I chose to apply because I enjoy SUB and the people involved. I also really wanted to be a part of something that is positive on campus. SUB puts in a lot of time and effort to program quality entertainment for students. It is very rewarding to be a part of a successful event," she says. Whan hopes to "increase attendance at the events and continue to program successful events," however, she also expounds the virtues of student involvement. "In general and more in relation to S.A., I want to see more students get involved and take interest in campus life," Whan says. She goes on to make a very interesting observation. "I hear complaints in the cafe and in classes, but rarely in a senate meeting. There are so many opportunities for students to get involved, they just have to be willing to seek them out," Whan states.

Although these five people are individuals with very different backgrounds and frames of reference, they are very willing to work together for the betterment of SJC. Senate meetings are held every other Tuesday at 9:00 P.M. in the Shen Auditorium. Again, all students are welcome to attend.

NEWS

KARATE CLUB KICKS ITS WAY TO THE TOP

SENIOR OF THE YEAR CANDIDATES

FEATURES

SWAHILI STUDENTS GET A TASTE OF AFRICA

COLUMBIAN PLAYERS PRESENT SHAKESPAERE

SPORTS

SLEEP DEPRIVATION: THE FACTS

PUMA PROFILE: NATALIE SALINAS

OPINION

LETTER TO THE EDITOR

ET CETERA
PUMA POETRY

Letter to the Editor:

Dear Observer Editor:

I'm an education major, so maybe I place a higher value on my education than most students do. I came here under the impression that I would have the opportunity to be a student, an employee, and an active member of any organization(s) of my choice. With the prospect of learning and enjoying my time here while I got my education, I came to St. Joseph's College.

When I'm asked what my favorite part of SJC is, I can usually be caught saying how I love the opportunities to

get involved, but I wish there wasn't such a time constraint. I am disappointed, however, that I did not place education into my list of priorities, but I fear I am not alone. There are many students who are as active, if not more so, than I am, and I hear and empathize with their concerns over the time constraints. Since the introduction of the new catch phrase "Involved for Life," I have been pondering many aspects of that statement. First of all, yes- we do allow students to be involved, but without keeping the emphasis on education. This is after all, an educational establishment.

One of my biggest examples is with student employment. Now, I am like most college students and in dire need for money, so I tried to solve this problem

by getting a job on campus. At first this was a refreshing solution to the problem; I had responsibilities and I was making money as I fulfilled them. Seems satisfactory, right? Well that was when the policy changed. Now we have more Discover Days, which, yes, I realize bring in more perspective students, but I don't understand why we can't receive a little compensation for them. I also understand that we signed a contract saying that we would attend all of them, understanding that they are not paid.

If our marketing department is trying to get more people interested in SJC maybe they should start from within and try to keep students they have. I think that if the majority of the student body is satisfied, then the word will spread through them, and then volunteering our Saturday and Sunday mornings won't be so bad.

-- Casey Wagner



On the night of January 31, 2003, much of the midwest was hit with what seemed like a never-ending snow storm. Making the best of this situation were the men of Bennett (Tony Braner, John Gebert, Tony Kretz, and Caleb Wilson) who, at 4:00 in the morning, decided to build a snowman to beat all snowmen. Standing at over 9.5 feet tall and 8 feet wide, the circumference of this beast of snow was, at its widest, 22 feet. The snowman was around for the next several days to greet students entering the Core Building and to give them something to smile about all day long.

Concise Commendations and Complaints:

Paws:

(Things We Like)

- * ... to the cast of A Midsummer Night's Dream.
- * ... to the Right to Life organization for holding the Right to Life Vigil on Feb. 7.
- * ... to the winners of The Observer's Cutest Couple contests.
- * ... to everyone who worked on SJC's new marketing plan and slogan.



Claws:

(Things We Dislike)

- * ... to anyone who didn't attend a showing of A Midsummer Night's Dream.
- * ... to everyone who made it necessary for the Computer Center to enforce the requirement of our ID cards before using a computer.
- * ... to all the extra Discover Days that have recently been added to the calendar.

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Rants and Raves by John Whelan

... On the Student Association

Let me start off by saying that I hope everybody is having a great semester; I know I am. The topic I chose to tackle this time around is something that has bothered me for quite some time. There is an organization here at SJC called the Student Association, or S.A. I may be in the minority here, but I have no clue how S.A. is run and up until recently, did not know that anybody can go to the Senate meetings. I still, however, have no idea when these meetings take place, much less where. This isn't a

fault of the current S.A. administration; rather, this is a problem that has been around for quite some time. Now, people, let me ask you a question. What is the point of having a STUDENT Association when what seems like the vast majority of the STUDENTS don't have a clue what it is doing? This is an association that should be run by the students, for the students. We freely elect the representatives of this board, yet we have no idea what it is that they do: that's just plain silly. If the students are

allowed to go to the meetings, why aren't the meeting times publicized in a place where all students can see them? It may not seem like a big deal to some of you, but a lot of people complain about the lack of communication around here—this would go a long way towards fixing that. It would enable the student body to be better informed of what is going on and probably dispel many rumors, if not stop them from even starting. These actually are all things that the current S.A. Adminis-

tration can work on for a long-term improvement. It most certainly is not their fault that we are in this position. I for one would like to be better informed of Senate meetings and what is going on behind the scenes here at SJC. After all, if I'm a student here and I help to elect someone, I want to be able to keep tabs on what is going on. Knowing when and where these meetings are as well as what is going on within the Senate, is a very good start.

Editor's Note:

For all who are interested, SJC students and faculty are invited and encouraged to attend all Senate meetings and make their voices heard. Senate meetings take place bi-weekly on Tuesday nights at 9:00 p.m. in the Shen Auditorium. Look for advertisements to go up around campus several days before the scheduled meeting. For more information about either the Student Association or the Student Senate, contact Kenny Shumard, Kate Nowalk, Jacob Lofgren, Becky Scherer, or Jackie Whan.

Karate Club: An SJC Powerhouse

Scout Durwood

staff writer

After only three months of training, sensei Caleb Kopczyk and four of his students traveled to Elkhart, IN to compete in the Obi-Open Karate Tournament. Competing in the novice division for students aged eighteen to twenty-five, the students were nervous, but “pretty charged up” said club vice-president Randy Hoffman. At the end of the day, none was more surprised than the students themselves who, de-

pion in the kata competition, a sort of martial arts dance in which students perform fixed routines of stances, punches, and kicks to demonstrate their skill in karate. Sharing in Field’s glory were Kyle Gulick and Randy Hoffman who tied for second place in their kata, and Jeff Wittenhagen who finished forth in the same division. Sensei Kopczyk beamed he “could not be more proud of his students, but they did a lot of it themselves.” The students themselves admit that they had no expectations of victory, but were pleasantly surprised.

The karate club began last semester under the direction of Caleb Kopczyk, himself a second-degree black belt who finished second and third in his respective weapons and kata division. The club has grown to a membership of fifty-two students with an average attendance of fifteen to twenty students per session. The club meets Tuesdays and Thursdays at 8:00 in the gym, with an extra session on Sundays for those extremely dedicated members, but Hoffman admits to practicing up to eight hours a week with other members of the club on a daily basis. “To tell you the truth,” he said, “I am starting to plan graduate school around it.” He expanded upon the positive benefits of karate in his life: “I have always wanted to be a part of something, but I was never good at other sports. [Karate] has infinite ben-

efits.” Club treasurer James Cochran echoed Hoffman’s sentiments. He sees karate as an “all encompassing bettering of the self.” After having introduced karate into his life, he reports being able to “move quicker and think quicker.” Cochran said he preferred karate as a sport with a “higher level of intellect. We are taught to think first then react verses other athletes who are taught to react before they think.” He joked, “most of us are probably just geeks who have always wanted to do this.”

Despite its resounding support from members, the karate club is facing the risk of no longer being allowed to meet and practice. Insurance problems plague the club. Kopczyk explains that though the school’s insurance should cover the club, they are tentative to do so as they see the activity as a liability. Dean Keller has worked in conjunction with the Kopczyk as a liaison to the insurance companies pleading on the club’s behalf. Keller, who himself spent eight years in Japan, has been an integral force in establishing the club. Kopczyk points out that “without his backing we might never have been able to get the club going.” Kopczyk is optimistic that the club will be allowed to continue far into the future, as are the members, who Kopczyk describes as the “most loyal of all club’s [members].”

Some of the more dedicated members assert that they would be willing to drive to Michigan City to practice with Yama-shita, Kopczyk’s sensei in the event that the club should be disbanded, for, in the words of Cochran, “now that I have [karate] I don’t think I would be



The SJC competitors in the Elkhart Obi-Open Karate Tournament. *Left to right:* Jeremiah Fields, Jeff Wittenhagen, Randy Hoffman, Kyle Gulick. *Front:* Sensei Caleb Kopczyk.

Picture courtesy of Randy Hoffman.

spite their minimal experience in the art of karate, swept their division. Jeremiah Fields boasts a second place in sparing, hand to hand comb at with competitors, and was crowned cham-

able to live without it!”

Despite apparent problems with insurance, the club continues to grow and prosper, as karate becomes an integral part in the lives of its members. “I plan on being a black-belt someday” says Hoffman. “I have the drive and determination now to do it.” Meetings are open to everyone, and all students and faculty are invited to attend. This club, which has brought such completion to the lives of all its members, is optimistic for the future, and hope to encourage others to share in what has been such a positive experience of their lives. Put simply by Hoffman, “Come as soon as you can!”



Jeremiah Fields (right) spars an opponent at the Obi-Open Karate Tournament.

Picture courtesy of Randy Hoffman.

“Senior of the Year” Candidates Announced

Becky Scherer

News/Opinion Editor

Every year Saint Joseph’s College honors one outstanding senior with the prestigious “Senior of the Year” award. The five candidates for 2003 are Lindsay Bridwell, Joe Guzman, Brett Heinz, Todd Huff, and Nick Schafer. The winner will be announced at the College’s Senior Banquet on April 11th.

Nominees for the “Senior of the Year” award are chosen by the members of the senior class, who submitted their votes for three candidates on January 23rd and 24th. Nominees were required to have a cumulative grade point average of 3.25 (minimum) on a 4.0 scale and completed at least 105 college credit hours.

A selection committee consisting of members of the SJC Alumni Association Board of Directors will interview each candidate. The winner will receive \$100 from the Association and his/her name will be listed on the plaque outside the student development office in the Halleck Student Center.

“The ‘Senior of the Year’ award is quite an honor because the individual

has been recognized by both the Alumni Association as well as his/her own classmates,” commented Director of Alumni and Parent Relations Kendra Berenda.

Lindsay Bridwell is a biology-chemistry major, a native of Danville, Indiana and has a cumulative grade point average of 3.48. She is a member of both the soccer and track and field teams, Student Athlete Advisory Committee, and has participated in the Regional Science Olympiad, Covenant House Candlelight Vigil, and Girls in Sports Day. Bridwell plans to work as a medical technologist after graduation.

Joe Guzman is a mass communication major with a 3.47 cumulative grade point average. A native of Highland, Indiana, he is involved in Campus Ministry activities, the Columbian Players (SJC’s acting club), and Diversity Coalition. Guzman has held several leadership positions during his time at SJC, including program director of the College’s radio station, 90.5 WPUM-FM, president of the Art Club, and a residence hall governor. After graduation, he will work at WJMK-FM “Magic” 104.3 in Chicago as a part-time

promotions assistant and on-air assistant.

Brett Heinz is a computer science major from Lemont, Illinois, with a cumulative grade point average of 3.79. He is a member of the track and cross country teams and has been a residence hall senator, student representative for the NCAA Division II Athletic Committee at SJC, involved in Students in Free Enterprise, and has served as a calculus tutor. Heinz plans to intern at a computer programming company after graduation.

Todd Huff is a chemistry major and presidential scholar from Bremen, Indiana. While maintaining a cumulative grade point average of 4.00, Huff has been a mathematics teaching scholar, senior class president, freshman leader, and has interned at both the American Institute of Toxicology in Indianapolis and Copperfield, LLC in Bremen. He is also active in the SJC band, campus theatrical productions, and the Science Olympiad as an organizer and assistant coach. He has been a chemistry tutor and is active in the Bremen Community Holy Walk. After

graduation, Huff will attend Purdue University as a teaching assistant, where he will study chemistry.

Nick Schafer, a native of Plymouth, Indiana, is a communication and theatre arts major with a cumulative grade point average of 3.65. He is involved in the Columbian Players, SJC’s improvisational group “The Shallow End Divers,” and several other clubs. Schafer has held many leadership positions, including the executive vice president of the Student Association, student representative for the academic cabinet, a residence hall governor, freshman leader, institutional advancement and marketing student worker, publications and media relations intern, student ambassador for SJC’s office of admissions, writing clinic staff member, and leader for the Kairos retreat. After graduation, Schafer hopes to volunteer with AmeriCorps before attending graduate school to study communication.

Don’t forget to look for the announcement of the winner at the Senior Banquet on April 11th. Good luck to each of the five candidates!

Columbian Players take on “The Bard”

Review: Theatre Production modernized Shakespeare’s “Midsummer...” while keeping true to text

Natalie Lapacek
staff writer

On January 30th, 31st, and February 1st, William Shakespeare’s “A Midsummer’s Night’s Dream” was performed at Saint Joseph’s College. It was the school’s first Shakespearean performance since 1961, and believe me, I don’t know why they held back so long. It was truly a magnificent show.

The play, while keeping the original Shakespearean language and story, was set in the 1960’s, which was quite brilliant. The dancing and singing fairies and the hippie attire of the characters added a fun twist to this Shakespearean comedy.

The story is about four young people, Hermia, played by Kelly Biclak, Lysander, played by John B. Westerfield, Demetrius, played by Chris Moran, and Helena, played by Kristi Zurawski, who get caught up in the mischief of some fairies. Hermia loves Lysander, but Demetrius loves Hermia as well, and Helena, Hermia’s friend, is in love with Demetrius. Hermia’s mother goes to the Duke of Athens because she is unhappy with Hermia wanting to be with Lysander. So the duke gives Hermia a choice—marry Demetrius or go to a convent.

Hermia and Lysander choose instead to elope, so they make their escape into the woods. Helena tells Demetrius of their plans, hoping to get his mind off Hermia, which only makes him go into the woods after Hermia with Helena following behind. The four end up falling asleep in the woods and some fairies get out some love potion and plan to brush it over Demetrius’ eyes, since they saw him treat Helena cruelly; but Puck, the fairy performing this deed, confuses Lysander for Demetrius. Also, because

of a spat Titania, the fairy queen and Oberon, the fairy king are having, Oberon orders his servant, Puck, to put the potion over Titania’s eyes while she is sleeping as well.

The potion will make Lysander fall in love with the first person he sees

upon waking, which happens to be Helena. To try to make things right, Puck brushes the potion over Demetrius’ eyes, but he ends up falling in love with Helena as well. There is much fighting between the four young people, and Titania ends up falling in

love with an obnoxious actor named Bottom, whose head has been turned into that of a donkey by Puck.

After much trial, things are set right. Demetrius ends up staying in love with Helena, Lysander loves Hermia again, and the Duke allows the couples to marry. After the marriage, Bottom and his crew of actors put on a play, which is a hilarious version of *Pyramus and Thisbe*. When all is done and everyone’s happy at last, Puck apologizes for all the misunderstanding and asks the audience to think of these events as just a dream.

After seeing this wonderful play, all I could see around me were people smiling and giving cast members flowers and pats on their backs. I have not heard one negative comment on this play; I believe it was a great success. There was much laughter and interest from the audience during the whole performance.

Since I am only a freshman here at SJC, the only other performance I have seen by the Columbian Players is last semester’s performance of *Bus Stop*, which was also a very good play. A *Midsummer’s Night’s Dream* was different than my previous viewing of a Columbian Players’ presentation because of how music, dance, and outrageous costumes were put into this production. The singing fairies, played by Melissa Genova and Allison Glidewell, playing their guitars and singing during intermission was a great touch in making this production delightfully different.

To be honest, I’m usually not too keen on Shakespeare, but I left that auditorium quite satisfied with the Columbian Players’ performance. Many may think of Shakespeare as dull and complicated, but with the setting and the great acting skills of the cast, “A Midsummer’s Night’s Dream” fit neither of the above descriptions.



Above: Titania (Rachel Lancaster) and Oberon (Nick Schafer), as the king and queen of the supernaturals, go head to head. Below: Joe Guzman and Timo-



Photos courtesy of John and Heidi Rahe

Involved for Life: A New Twist on a Great Thing

STAMMATS and SJC staff introduce new marketing campaign to students

Bridget Newman
Sports Editor

quotes compiled by
Melissa Genova, Editor-in-Chief

STAMATS is a company that deals with higher education marketing and consulting. Their tagline is Promises Kept. Saint Joseph’s College is one of STAMATS’ new projects.

The staff at STAMATS asked people here, including alumni, current students, prospective students, and faculty members, what is it about SJC that distinguishes it from other schools? One aspect mentioned over and over again is how easy it is to get involved.

Professor Linda McFarland, who was one of the faculty members on the committee over the summer that worked on the

college’s image, agreed that the new slogan “Involved for Life” was appropriate to the image of the college. “The things we hear most were ‘involved’ and ‘early exposure to major.’ This is where the tagline came from,” said McFarland, “Students felt they were able to be as involved as they wanted to be; even as freshman they could be involved. They also like the idea of starting classes in their major early in their college years.”

Students are encouraged to do it all. Academics come first, of course, but it seems as if a student

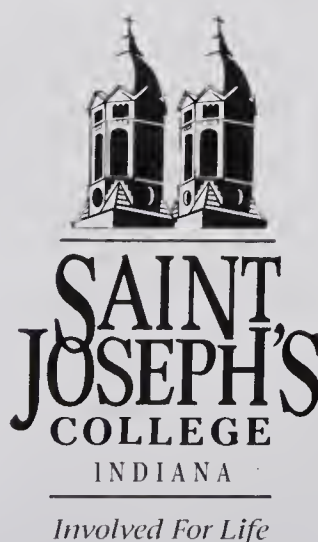
is involved in one organization he or she is involved in twenty.

St. Joseph’s College’s new tagline “Involved for Life” does not just apply to student participation in clubs. “Involved for Life” also means where life takes graduates. The Saint Joseph’s College alumni are eager to stay involved, whether returning to drive in Little 500 or be spectators at Puma sporting events.

Some might question the need to spend money on image. Doesn’t the college sell itself? Not necessarily. In today’s high-tech society it is imperative that an institution take advantage of the marketing opportunities.

“The thing we found out during the summer is that we have little recognition outside our local area. We do not have a bad image to get over, we just need to have some recognition. The next thing on the board was to create an image that we want the world to pick up from photos, billboards, and all of the other things we chose to use for marketing the college,” said McFarland.

The new campaign will be tested first in areas of Indiana. Depending on the success, the new SJC image may be seen on Chicago billboards and radio stations in the near future. “I personally think the entire package needs to be treated as important. It is an integrated effort that deserves a try....I would like to see a significant effect on enrollment, but I am pretty sure it will not be overnight. These things happen slowly and take much persistence,” said McFarland.



Melissa Alba
staff writer

Did you ever have the desire to say, Ninaweza kusema Kiswahili! It means, "I can speak Swahili!" One of the many undiscovered gems in Saint Joseph's College's curriculum is the Swahili class. The current students in the class were motivated by many different reasons, one of them being curiosity. Swahili is a beautiful language that generally is not familiar to college students.

However, Professor Alan McFarland, who grew up in Tanzania, also felt that it was important to expose students to other aspects of the culture associated with KiSwahili. On Monday, February 3, 2003, Jeff Deardurff, Heather Mikus, Melissa Genova, Jimmy O'Dette and McFarland had an exotic dinner experience that consisted of Mchuzi, Ugali, and rice. Mchuzi wa Samaki is one of the many traditional Swahili fish dishes from Zanzibar Island. *Samaki* is the Swahili word for *fish* and *mchuzi* means *curry* (or *gravy*, *sauce*, *soup*), and a Ugali is cornmeal porridge.

The brother-in-law of student Jeffrey Deardurff, Costantine Mgallo, was

the host and chef of the event, and he answered questions relating to Core Africa and the Swahili Language course. Costantine Mgallo originally came from Tanzania, and shared his stories with the avid audience.

"I enjoyed the dinner very much. It was much better than I expected," said Jimmy O'Dette. "It was something different than American food. There was one dish where it was made up of flour, where [Costa] tossed it for quite sometime, and it was like a bread of some sort. That was very neat."

The students were a bit nervous at first to dig in, because the meal lacked utensils, but they soon got used to it. "It was a dish that was not messy, and it was made to pick your food up and eat it with your fingers," said O'Dette.

"At first the concept of finger foods scared me, especially because most of the class and I were not familiar with the etiquette customs of Tanzania," said Melissa Genova, "but as Costa explained, the customs from his culture emphasize enjoying the food and 'becoming one' with it. It was a really fun experience."

Taking the lessons out of the classroom and applying them to regular life is important, especially, one could argue, with a college environment. While some may think that taking a course such a Swahili would not serve much of a purpose unless they planned on a career based in African trade, it has caught the interest of the students, who find value in just taking the class.

Students have found that the challenge of the language has been rewarding. "I took Swahili because I thought it would be very interesting. Of course, it has been a little difficult because it is about learning a new language. Professor Alan McFarland is making it quite an experience," said O'Dette. "It interested me because many professors talked highly about the class, and they were correct. McFarland is going at a good pace where you can understand it."

Genova was also motivated by curiosity to take the course. "Initially, I planned on taking the course because I had met with McFarland over the summer, and he basically sold it to me. I was afraid that it would be too difficult of a language to learn, though, because it is so completely different than the romance languages," said Genova. "I have since changed my mind – it is difficult, yes, but a challenge I am glad that I undertook. I enjoy courses where the experience goes beyond the Core building."

Because of the course, many of the stereotypes taught about African culture to the students are being broken. Also, some of them have expressed a curiosity to visit the continent whether it is career related or simply a safari.

..... Vigil For Life: Success and Support on SJC's Campus

On February 7, Right to Life held the first annual Vigil for Life. Approximately 40 students and staff gave up part of their Friday night and attended the vigil. It was a 12 hour prayer vigil that took place from 9 p.m. to 9 a.m. in the chapel.

Three students—Lisa Fruecht, Heather Mikus, and Elizabeth Gall—and RTL sponsor Ary Nelson stayed all night. Those in attendance prayed for people whose names were given to them by SJC students and faculty.

Throughout the night, attendees also prayed and read blessings that reflected respect for all life, including people who are sick, handicapped, elderly, pregnant, unborn, in the military, and victims of oppression. The RTL group would like to thank all those who attended and hope to see such great support for the Vigil for Life next year.

— Susan Huss, RTL President and Et Cetera Editor



And the winner is...

Good luck to all the other
couples!

Don & Jackie
Stan & Jen
Nick & Kris

John & Heide Rahe
David & Susan Chatten
Peter & Jody Watkins

Honorable Mention:

Hoby & Amy
Randy & Erin
Benky & Amber
Josh & Fallon
Greg & Bobbie Jo

For the faculty:

Bill & Teresa Massoels

For the students:

Lewis Scott & Beth
Lipinski



Top 15 Date Movies ...according to Melissa

I dislike "chick-flicks" just as much as the next person, but with Valentine's Day here I cannot help but get a little sappy. Don't worry, though, these flicks are the creme de la creme of great date movies, tested out by yours truly. They are balanced enough to satisfy the sappy, the couples and the singletons.

15. "Clueless" - Like, duh?

14. "Spiderman" - there's fighting, there's romance, and Kirsten Dunst wet. For the ladies - Tobey Maguire

13. "Rushmore" - One of the most brilliant and quirky "romantic comedies" ever.

12. "My Best Friend's Wedding" - All right, I liked it. Plus, Ani DiFranco sings the opening song. That sold me.

11. "American Pie" - Everyone and their mother has seen it five times. So you don't even need to pay attention! *wink*

10. "Chicago" - It's still in the theatres, so it's perfect for a date. Plus, I've heard both sexes rave about it.

9. "Empire Records" - It's Rex Manning Day! Sexy Remy....ah...

8. "Bridget Jones' Diary" - It's probably better for a "singles" Valentine's party, but on my list nonetheless.

7. "Amelie" - If subtitles do not annoy you, it's a fantastic flick. And it's French.

6. "Coyote Ugly" - Yeah, like my boyfriend would protest watching a film with half naked chicks on bars.

5. "High Fidelity" - You can never go wrong with a John Cusack flick, especially a love-cynical one. Plus, Jack Black's in it. If you want old school Cusack, though, rent "Better off Dead."

4. "Chocolat" - Chocolate's an aphrodisiac - you can live through this film, boys.

3. "When Harry Met Sally" - At the risk of my softer side coming out, I'll admit it's a great movie.

2. "Pretty In Pink" - You can actually insert any John Hughes film in here. But this one's the best.

1. "Chasing Amy" - A doomed romance played out Kevin Smith style. The whole family will enjoy it!

Honorable Mention - "The Mighty Ducks" - Don't ask, just trust me.

—list compiled by Melissa Genova, Editor-in-Chief

Health News: College students need their sleep!

Written by Jaclyn Keefe
Reporter

It's two a.m. already. Where have the hours gone? Between classes, homework, extra curricular activities and trying to have some fun there never seem to be enough hours in the day. Twenty-four hours is all we get, though and one-third of them are supposed to be spent sleeping.

Because of lifestyle issues, students have a lot of sleep problems — double that of the general population, according to Dr. Walter C. Buboltz, Jr., Assistant Professor of Psychology at Louisiana Tech University in Ruston, Louisiana. Adults are supposed to get between seven and nine hours of sleep per night. I think most Saint Joseph's College students would say aloud in one proud voice, "Yeah right!" Dr. Buboltz, in the Journal of American Health, notes that the quantity of sleep might not be as important as the quality.

There are five cycles in the sleep process. Each plays an important role in how effective sleep can be to our bodies. During stage one the body begins to relax: breaths become shorter, eyes grow heavier, etc. Stage two is about twenty minutes long. The brain produces sleep spindles, or bursts of rapid brain wave activity. The third and fourth stages go hand in hand. Together

they are called "slow wave" sleep. This is generally a thirty-minute stage during which it is most difficult to awake the sleeper. The final stage involves REM, rapid eye movement. REM is also known as paradoxical sleep during which the eyes move quickly back and forth and heart rate increases. This is the time where story-like dreams enter into the mind. The five stages repeat throughout the night.

Saint Joseph's just recently hosted hypnotist Tom DeLuca, who taught a power-napping workshop. He suggested that he could make a nap of thirty minutes feel like eight hours because he could make the half hour quality sleep. He went on to say that getting high quality sleep is essential to performance throughout the day, especially for college students.

There are several signals that would show a person is suffering from a lack of sleep. The most obvious would be sleepiness during the daytime: inability to keep your eyes open and constantly laying your head down. If you have a hard time falling asleep, find yourself becoming irritable without reason, or being forgetful you may not be getting enough sleep. In addition, if you get headaches easily, lack energy, and are sensitive to loud noises these may also be signs you need more sleep.

Lack of sleep can cause more severe problems, too. Staying awake for eighteen hours has the same effect as being legally drunk. In addition, your motor skills may be skewed. Each year

many driving accidents occur because people fall asleep at the wheel. Continued insomnia can effect memory, judgment, and emotions. Type II diabetes can also be triggered by lack of sleep.

An easy solution to not getting enough sleep would be to lay down earlier and sleep in later. Sometimes, though, that is not an option with all that college students have to do during the day. Make a to-do list before you go to bed that way you will not lay awake thinking of all the things that you have left to do.

Try making a log of how many hours of sleep you get and the quality of those hours. You will become more conscious of your sleeping habits and that awareness may help you sleep better. Work on your time management and avoid procrastination. In addition, exercise will make your body tired so, even if your mind is thinking about a million and one things, your body won't give your mind the opportunity of staying awake to think of them all!

A final solution to curing some insomnia may be to get rid of stress! As they say, don't sweat the small stuff.



Observer Athlete of the Issue

The Observer would like to acknowledge the accomplishments of the Saint Joseph's athletes. We are accepting nominations for the "O.A.I" Observer Athlete of the Issue.

The O.A.I. should demonstrate skill both on and off the court. He/She should not only be a talented athlete, but a leader for the team.

If you would like to nominate a student, please contact Bridget Newman at bnh3998@saintjoe.edu. The O.A.I. will be featured in the most recent edition of the newspaper

IM Sports



Some members of the IM Volleyball team "Tony and the Sexy Banana Babes" before their Monday game

Good luck to all IM volleyball and basketball teams as they make their way towards victory!



Students utilize the fitness center to get in shape



Written by Elizabeth Kloczek
Reporter



Jason Johnson, a senior, from Crawfordsville, IN, is a Bio-Chem major, and a member of the Saint Joseph's College track team. In reflecting back on his four years here at SJC, he says that this is the best track team we've had. He commented that the freshmen are contributing a lot to the team, and everyone is working really hard this season. Jason describes track coach, Bill Massoels, as a determined person. He also sees Massoels as very goal-oriented, and a perfectionist when it comes to time.

Track is not the only thing on Jason's plate here at school; he is also a member of the Science Club. He is as-

piring to do lab research once he has graduated. He sees his family as one of the key influences in helping him achieve his goals, in the past and in the future.

Finally, in considering his time here at Saint Joseph's College, Jason has said that what he liked best about this place was the social sphere of the class.



Johnson's Favorites
Movie: Chariots of Fire
Band: Creed
Food: Lasagna
Class: Micro-Biology
Professor: Fr. Stang
Athlete: Jesse Owens
Sport: Track

Look out for Little 500 on April 5th!



Natalie Salinas: An Artist, a Puma, a Champion

Written by Allison Segarra
Reporter



Favorites
Food: Chop Suey
Hobbies: Art, eating
Place: In a muscle car
Car: Mustang
Color: Red

Natalie Salinas has been on track and field teams since 7th grade. The sophomore currently throws the hammer and discus for the Saint Joseph's College team under the instruction of throwing coach Joe Koczan. Head Coach and Athletic Director Bill Massoels supervises the entire team, including the runners. Salinas says of Coach Massoels, "He's very motivating. He does a really good job with the team." Salinas says the team is very supportive. They usually sit together for dinner not just because they are teammates, but because they are friends.

The track team is currently in their indoor season, the outdoor season starting in late March. On January 31, at Lewis University, Salinas earned first place in weight throws, earning her the co-Athlete of the Week position from the Saint Joseph's College Athletic Department. Salinas was track's freshman athlete of the year for 2002.



Salinas grew up in Hampshire, Illinois. She says her parents are one of her greatest influences, in addition to Patti Ninellis, her high school track coach. Salinas adds that her sister is her best friend. Her most memorable moment is when the two dressed up and went to Grandma's, Rensselaer's 24-hour truck stop restaurant. Salinas is an art major and education minor. She is not only involved in track, but is also a member of the Alpha Lambda Delta honor society, a tutor, and an assistant to Professor Bonnie Zimmer.

Salinas hopes to continuously increase the distance of her throws while she is on SJC's track team. She hopes to be a national champion. If she hits a certain distance mark she may make it to the indoor national championships in Boston, Massachusetts on March 14 and 15. The outdoor championships are in late May. The more immediate challenge, though, is the GLVC championship meet on March 1 in Kenosha, Wisconsin.

Upcoming Puma Events



Men's and Women's Track and Field

DePauw Invitational
Away
Feb. 15th, 11:30am

Men's Tennis

vs. Findlay
Home
Feb. 15th, 10:00am

vs. Anderson
Away
Feb. 22nd, 12:00pm

Women's Tennis

vs. South Dakota
Away
Feb. 15th, 10:00am

vs. Nebraska-Omaha
Away
Feb. 16th, 9:00am

Men's Basketball

vs. Missouri-St. Louis
Home
Feb. 15th, 3:15pm

vs. Kentucky Wesleyan
Away
Feb. 20th, 7:30pm

Women's Basketball

vs. Missouri-St. Louis
Home
Feb. 15th, 1:00pm

vs. Kentucky Wesleyan
Away
Feb. 20th, 5:30pm

If you are interested in writing for the sports pages please contact Bridget Newman at bnh3998@saintjoe.edu

Top Love Quotes of the Week:

Compiled by Susan Huss

4. Hope Floats

"Beginnings are scary. Endings are usually sad, but it's what's in the middle that counts. So, when you find yourself at the beginning, just give hope a chance to float up. And it will." -Birdie (Sandra Bullock)

3. Ghost

"I love you." -Molly Jensen (Demi Moore)
 "Ditto." -Sam Wheat (Patrick Swayze)

2. When Harry Met Sally

"I love that you get cold when it's 71 degrees out. I love that it takes you an hour and a half to order a sandwich. I love that you get a little crinkle in your nose when you're looking at me like I'm nuts. I love that after I spend a day with you, I can still smell your perfume on my clothes. And I love that you are the last person I want to talk to before I go to sleep at night. And it's not because I'm lonely, and it's not because it's New Year's Eve. I came here tonight because when you realize you want to spend the rest of your life with somebody, you want the rest of your life to start as soon as possible."

-Harry (Billy Crystal)

1. The Princess Bride

"I told you I would always come for you. Why didn't you wait for me?" -Westley (Cari Ewles)
 "Well... you were dead." -Buttercup (Robin Penn Wright)
 "Death cannot stop true love. All it can do is delay it for a while." -Westley

COURTESY OF [HTTP://WWW.GEOCITIES.COM/POOKIEBEAR6/MOVIEQUOTES.HTML](http://www.geocities.com/pookiebear6/moviequotes.html)
 AND [HTTP://WWW.ANGELFIRE.COM/OH/QUOTATIONS/MOVIES/G/GHOST.HTML](http://www.angelfire.com/oh/quotations/movies/g/ghost.html)

Valentine's Day Trivia

*One Valentine legend pegs Valentine as a priest in Rome during the third century. The story goes that when Claudius II decreed that single men were not allowed to marry as it would interfere with their soldiering duties, Valentine defied the Emperor and continued to perform marriages. When Valentine's actions were discovered, Cladius sentenced the priest to death.

According to one legend, Valentine is said to have sent the first Valentine greeting himself. While he was in prison he was visited by the jailor's daughter, with whom he fell in love. Before dying he wrote the girl a letter and signed it "From your Valentine"; an expression still in use today.

*February 15th was a Roman fertility festival. During the latter part of the day, the young women would place their names in a urn and then the city's bachelors would choose a name from the urn. The couple would be paired for the

year; often times these matches would end in a marriage.

About 498 A.D. the Pope outlawed the Roman lottery system of pairing and declared February 14th to be St. Valentine's Day.

*The oldest known valentine still in existence was written by Charles, the Duke of Orleans, to his wife while he was imprisoned in the Tower of London in 1415.

*In the 1840's the first mass-produced valentines cards were sold in America.

*64 percent of men do not make plans in advance for a romantic Valentine's Day.

*Americans spent over \$1 billion for valentines candy in 2001.

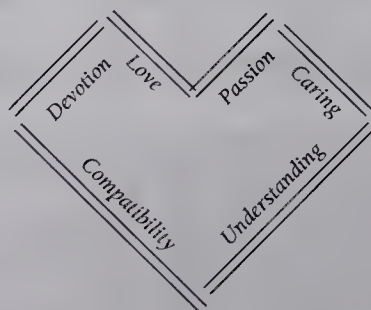
*More than 35 million heart-shaped boxes of chocolate will be sold for Valentine's Day.

Courtesy of <http://www.pencildude.com/dating/valentinetrivia.html>.

Famous Valentine's Day Weddings

February 14, 1974: The Captain and Tennille

February 14, 1994: Grateful Dead's Jerry Garcia wed Deborah Koons



February 14, 1991: Meg Ryan and Dennis Quaid

February 14, 1994: Roseanne and Ben Thomas, her ex-bodyguard

Courtesy of <http://www.corsinet.com/braincandy/valtrivia.html>

- - What's That Line Again? - -

Did you ever listen to a song and hear one thing, only to find out later that what the lyrics actually are were a totally different thing? Well, you're not alone. Here are the misheard lyrics from some of your favorite artists' songs.

Song: *Hand to Hold On To*

Artist: John Cougar Mellencamp

What They Heard: "Everyone needs a panda who loves you."

Correct Lyrics: "Everyone needs a hand to hold on to."

Song: *In Bloom*

Artist: Nirvana

What They Heard: "Silk is now a food. Well, the change is news."

Correct Lyrics: "Sell the kids for food. Weather changes moods."

Song: *Wish You Were Here*

Artist: Pink Floyd

What They Heard: "Cold coffee for change. Did you exchange a walk-on part in *The Wall* for a leaf rolled in a cave?"

Correct Lyrics: "Cold comfort for change. Did you exchange a walk-on part in the war for a leading role in a cage?"

Song: *Heart-Shaped Box*

Artist: Nirvana

What They Heard: "Throw down your American noose, so Ike can climb right back."

Correct Lyrics: "Throw down your

umbilical noose, so I can climb right back."

Song: *Oye Como Va*

Artist: Santana

What They Heard: "See the comb I bought."

Correct Lyrics: "Oye como va."

Song: *If It Makes You Happy*

Artist: Sheryl Crow

What They Heard: "Found Geronimo's rifle, Paris in shambles, and anything that's closer to men."

Correct Lyrics: "Found Geronimo's rifle, Marilyn's shampoo, and Benny Goodman's corset and pen."

Song: *Glycerine*

Artist: Bush

What They Heard: "Batman watergun."

Correct Lyrics: "Bad moon wine again."

****If you have a song lyric that you've interpreted incorrectly, and you would like to have it in the Observer, email it to Susan Huss.****

Source: *When a Man Loves a Walnut*, by Gavin Edwards.

SJC Poet's Corner

Women's Revolution

Before, it was, "Get in the kitchen,
Cook and clean."

Then it was, "Get a career,
Get out of the house!"

Now, it's our choice,
And so I Choose.

I Choose.

I Choose to be educated

And prepared.

I Choose to know what I want
But get ready for what I need.

I Choose.

I Choose to know as much

As men,

To be as strong

As men,

To work alongside men.

But I Choose.

I will Choose to be a mom,

To stay home if I wish

And go out when I wish,

To Work as a mother

Or to have a career.

Before oppression,
Then feminism.

The difference now is

I can be whatever I want.

I Choose.

~Susan Huss

The Secret Place

The meeting of moments
Begin with a smile
The unwritten words
Spoken so freely

The unmentioned choice
That one does choose
The dancing bears
Escaping the fair

The romantic couples'
Run from the police
Being out in public
They need to be unseen

The remainder of the dialogue
Between him and her
Ends up being
A sweet awaited kiss.

~Tim Hayes

****If you or anyone you know is interested in submitting their poetry, cartoons, art or other creative expressions, e-mail Susan Huss at shg3609@saintjoe.edu.****